

*Antagonists*  
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## ANTAGONISTS

The adversary in whom you think you find a model of perversity is perhaps just a sick person in need of understanding.

Let's recognize the fact that, many times, someone becomes unworthy simply because they don't adopt our points of view.

Never despise your opponent, no matter how insignificant they may seem.

Let's respect the enemy, because they may be a bearer of truths that we still don't know, even about ourselves.

If someone has hurt you, forgive them immediately, stopping the evil at its source.

Criticism from others can only harm you if you agree to it.

The best way to learn to forgive other people's mistakes is to recognize that we are also human, capable of making mistakes, perhaps even more clumsily than others.

The adversary, first and foremost, must be understood as a brother or sister whose opinions differ from ours.

Let others live their own lives, and they will let you live the existence of your choice.

The more it advances, the more medical science understands that hatred in the form of revenge, condemnation, resentment, envy, or hostility is at the root of numerous diseases, and the only effective remedy against such calamities of the soul is the only effective remedy against such calamities of the soul is the specific one of forgiveness, in the vehicle of love.